

# Stewart/Hunter Lifestyle



Photos by Jennifer Veitch, graphic by Pat Young

## Hispanic Heritage Club adds flair to observance

**Jennifer Veitch**  
*Frontline volunteer*

Soldiers, community members and guest gathered at Club Stewart to celebrate Hispanic American Heritage Month Sept. 18. The theme of this year's celebration was "Making a Positive Impact on American Society". The club was filled with festive colors and information displays noting Hispanic achievements, contributions and influences. A slide show presentation highlighted the accomplishments of many Hispanic dating back to 1861. Among the significant accomplishments were 39 Hispanic Soldiers, who received the Congressional Medal of Honor. In addition, more than 200,000 Hispanic Americans served in the armed forces dating back as early as the Revolutionary War. The observance was well attended and audience members were provided a sample of Hispanic music, food and fan fare. Hispanic Heritage Club

members performed a number of dance styles that included traditional folk dances, the ever-popular mirage, and the fast pace and spicy salsa. The performers wore bright costumes as they flourished and twirled. During the demonstrations, the dancers ventured out into the audience and bought attendees onto the floor to experience the fun. Guest speaker Major (Ret) Jorge L. Aponte spoke on the influence of Hispanics in American society. His words were inspirational and heartfelt. When asked what advice he would give to Latinos in the military to continue to make a positive influence, Aponte said continue serving this country with gusto. Learn from past mistakes. He added that the best time to serve is now. Aponte, thinking back over his military career, said the most rewarding part of being in the military was something many Soldiers and Families could understand. "I always had my Family with me," Aponte said. "It made things more simple."



**First Row, left to right: Gina Vanderzyl, Jackeline Maquez, Lindsey Santos, Marian Vanderzyl, Haley Stuart, Mariangeli Altiery, Gina Vanderzyl, and Marian Vanderzyl. Second row: Jose Pacheco, Carmen Rosa, Jacky Jordan, Karis Stuart, and Sade Whately. Back row: Johnny Davis, guest speaker Jorge Aponte, and rear-detachment Command Sgt. Maj. McArthur Dixon pose for a photo at the Hispanic Heritage observance Sept. 18 at Club Stewart.**

## 2nd BCT Soldiers celebrate diversity, achievements



- Sgt. Kevin Stabinsky

**Chief Warrent Officer Eliud Santiago, brigade targeting officer, 2nd Brigade Combat Team, 3rd Infantry Division, a Santa Isabel, Puerto Rico native, was the guest speaker for the event. Santiago spoke of the contributions Hispanics have made in the military, speaking at length about the Puerto Rican 65th Infantry Regiment, 3rd Inf. Div., called the the Borinqueneers. They were the only Hispanic unit in the history of the United States Army and fought in World War I, II and the Korean War.**

**Sgt. Kevin Stabinsky**  
*2nd BCT Public Affairs*

**FOB KALSU** – To commemorate the contributions of Hispanic Americans, a Hispanic Heritage month celebration was held Forward Operating Base Kalsu dining facility Sept. 23. The celebration was part of National Hispanic American Heritage Month. The celebration honors the cultural heritage of Hispanic bloodlines, which encompasses natives of more than 20 nations, including Cuba, the Dominican Republic, Mexico, Puerto Rico, South America and Spain. The goal of diversity celebrations such as this is to remind Soldiers and allow them to celebrate and cherish the past and present accomplishments of the group being celebrated, said Sgt. 1st Class Montoya Jones, 2nd Brigade, 3rd Infantry Division equal opportunity advisor. "We hold events like this to promote cultural awareness, understanding of an individual culture and build

teamwork," she said. To highlight the contributions of Hispanic Americans, spectators were given a multitude of visuals. From miniature sombreros, posters, flags, candies to several dancers showcasing cultural dances such as bachata, merengue and salsa, audience members had a variety of items to stimulate their vision. Soldiers also got the message from Chief Warrent Officer Eliud Santiago, brigade targeting officer, 2nd Brigade Combat Team, 3rd Infantry Division, a Santa Isabel, Puerto Rico native, who was the guest speaker at the event. He spoke of the Puerto Rican 65th Infantry Regiment, 3rd Infantry Division. The Borinqueneers were the only all Hispanics unit in the history of the United States Army and fought in World War I, II and the Korean War. Like the Borinqueneers, Hispanic Americans are continuing to make vast, positive contributions to today's military, Eliud said. "Are we making a difference in American society? You better believe

it," he said. Amongst the ranks of both the 2nd BCT and 4th BCT, 25th Infantry Division, many of these Soldiers, like Cpl. Tania Niento, who are making these differences can be found. Niento, a Los Fresno, Texas, native, Headquarters and Headquarters Company, 2nd BCT armorer, went above and beyond the call of duty to show her support for her culture. Niento had her mother send her a dress from Oaxaca, Mexico, to wear as she danced. The dress, she said, helped show the types of colors common in the culture and expose people to some of the ethnic dress. The showcase of Hispanic contributions began in 1968 by President Lyndon Johnson when he created National Hispanic Heritage Week. In 1988, this celebration was extended to a month. National Hispanic Heritage Month runs from Sept. 15 through Oct. 15. Before the month concludes, Jones said she plans to have the dining facility host a special dinner celebrating the culture.

## Stewart-Hunter mayors training prepares community stewards

**Kara Casto**  
*Frontline Contributor*

Fort Stewart and Hunter Army Airfield Mayors attended a new Community Mayors Academy at Club Stewart, Sept. 17. The classes focused on the roles of mayors and the goals and objectives of the Mayoral program. Speakers included Command Sergeant Major Charles Durr, garrison command;

Donna Finney, Army Community Services Director; Master Sgt. Theodore Burnside, Garrison Community Support NCO; Vickie Wiginton, Army Volunteer Corps Coordinator; and Joel Jacobs, GMH Deputy Project Manager. Durr said the goal of the program was to improve the quality of life for residents at Stewart-Hunter, by providing information on resources, social and recreational activities.

"We want to improve the communication between residents, the command and community representatives by building a sense of community in the housing areas," Durr said. Community mayors serve a variety of functions on the installation, but their primary purpose is to provide a link between residents, garrison command, and installation agencies, in order to improve quality of life on Stewart-Hunter. Mayors

possess a wealth of knowledge about available Army resources, and provide referrals to residents who need assistance with issues as wide-ranging as finance, construction updates, and housing concerns. Mayors provide contact information for the appropriate agency, and follow-up to ensure that the resident received the needed assistance.

**See MAYORS \_\_\_\_\_ Page 8B**



**Martha Campbell**  
**Marne Homes**  
**Mayor**



**Jo Kramer,**  
**New Gannam**  
**Mayor**



**Michelle Shane**  
**Wilson Acres**  
**Mayor**



**Nicole Carter**  
**New Savannah**  
**Mayor**



**Marcia Steele**  
**New Gannam**  
**Mayor**



**Gisella Conway**  
**New Gannam**  
**Mayor**



**Rebecka Ponton,**  
**Southern Oaks**  
**Mayor**



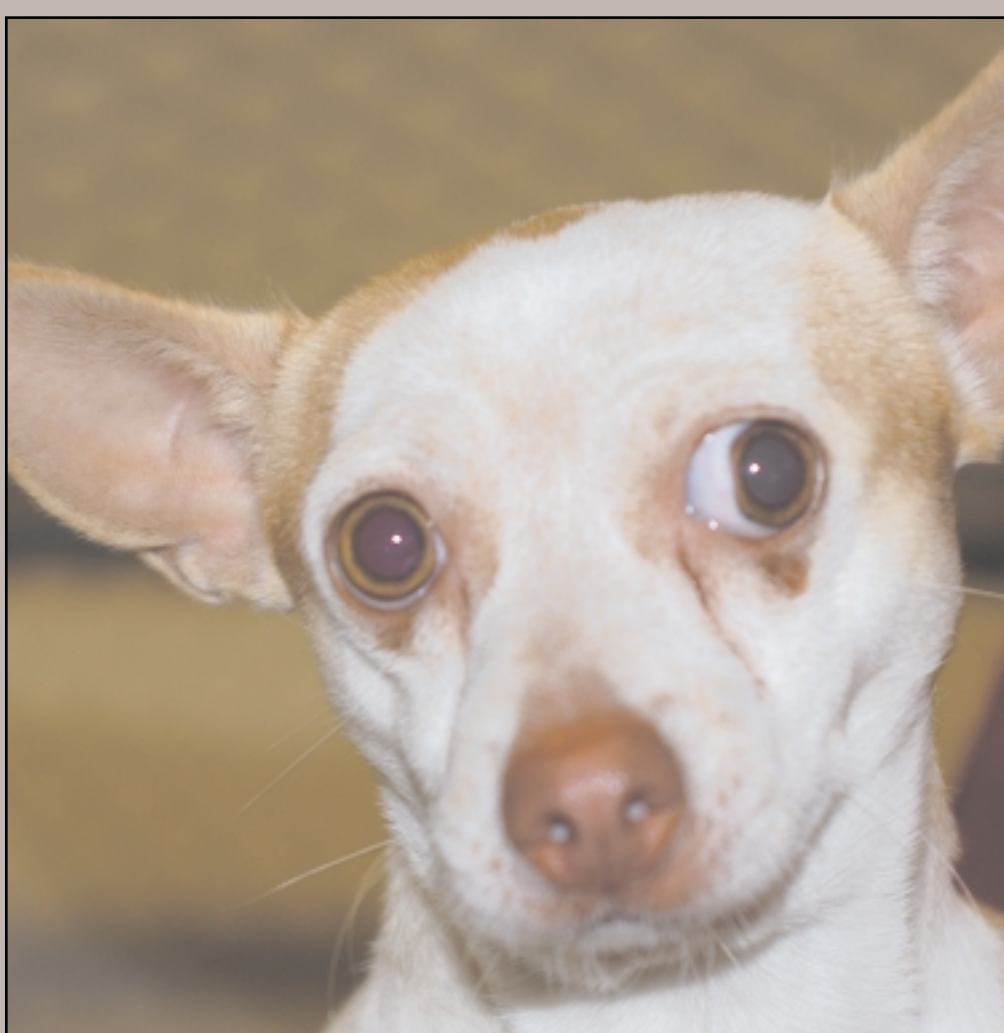
**Kara Casto**  
**Liberty Woods**  
**Vice-Mayor**



## Pets of the Week



Gerry, a four-month-old black lab-mix and Chomps, a Chihuahua puppy, are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



## MWR Briefs

### Tumbling classes offered at CDC

Tumbling classes for children ages 2 and older are available at the Child Development Center, building 403, every Tuesday from 9 - 9:45 a.m. Children must be registered through Child Youth Services.

### Mommy-and-Me Tumbling available

Tumbling classes are offered every Wednesday at Jordan Gym from 9:30 - 10:15 a.m., for ages 1 - 2, and from 10:30 - 11:15 a.m., for ages 2 - 4. Sports physicals are required for all participants. Register by calling 767-6071.

### Dance classes offered

Youth enjoy dance classes every Friday at Hunter Army Airfield School Age Services. Classes include creative movement from 5 - 6 p.m. for ages 3-5, ballet/tap/jazz from 6 - 7 p.m. for ages 6-9, and from 7 - 8 p.m. for ages 10-18. Interested participants should sign up at central registration, building 1286. For more information, call 767-6071.

### After school transportation offered

Child and Youth Services offers free after school transportation to Fort Stewart Youth Center for 6th grade students at Diamond Elementary School. Transportation is open to registered CYS members. For more information, call 767-4491.

### Visit the Georgia State Fair

The Georgia State Fair will run through Sept. 30 in Macon. MWR will be sponsoring a trip Saturday. Activities include carnival rides, games and food.

The fair will feature the southern spectacular Breeding Gilt Show, free bingo, Miss Georgia State Fair Pageant, a motocross race, and fireworks, plus, daily livestock barn tours, magic shows, a model train exhibit, flower show, pig track races, a tractor pull, and much more. The cost for fair admission is \$5 for adults and \$3 for children. Transportation to the event is provided. For more information, call Leisure Travel at 767-2841.

### The Great MWR Post-Wide Yard Sale

The Directorate of Morale, Welfare and Recreation is sponsoring The Great MWR Post-Wide Yard Sale, 8 a.m. to 2 p.m., Oct. 28. Spots are available at the Club Stewart location for \$5 a space.

Active duty, Family members, retirees, National Guard and Department of the Army civilians are eligible to sell items. Anyone is eligible to buy! All items are eligible to be sold with the exception of weapons, food items, and retail items such as Avon, tupperware, etc. Spots are limited so reserve your space today! Registration deadline is Oct. 26. For more information, call 767-8238.

### Self-defense class for teenage girls

There will be a workshop designed to help teenage girls 10 a.m. to 1 p.m., Saturday at the Youth Center. Girls can learn to defend themselves, evade confrontations and increase self awareness. Open to girls, grades 6-12. Registration deadline is Sept.

28. For more information, call 767-4491.

### Sapelo Island day trip scheduled

The trip is scheduled to depart 7:15 a.m., Oct. 5 from the Youth Center. The trip is free trip and open to Soldiers and Family members, ages 6 and older. Children registered with CYS from 6-12th grades do not need parental accompaniment.

The trip includes round trip transportation from the Youth Center. Participants will enjoy a guided tour of the island, maritime forest and nature trails at the Reynolds Mansion, lighthouse, Hog Hammock Community and much more!

School is out on Oct. 5 in Liberty County so don't miss out on this exciting trip! Register at the Youth Center before Sept. 28. For more information, call 767-4491.

### Latin Night at Rocky's

Dance to the latest and greatest Latin hits, 10 p.m. to 3 a.m. Oct. 5. Admission is free for military, dependents age 18 and up and ladies 10-11 p.m. The cost for other civilians is \$10 per person. For more information, call 767-8715.

### GC Golf Scramble at Taylors Creek

The next Garrison Commander's Golf scramble starts at 8 a.m., Friday. There will be a shotgun start. The cost is \$25 for members or \$30 for non-members. Space is limited to the first 25 teams. For more information, call 767-2370.

### Kids' fishing rodeo

Take your child fishing 8 a.m. to 11 a.m., Sunday at Halstrom Fishing Lake. The lake is stocked and lots of fish will be biting. Bring your poles and bait. License and post permits are waived for youngsters. Pre-register at Hunter Pass and Permit; call 315-9564.

### Fall Racquetball Tournament

There will be a single elimination tournament consisting of a men's open, novice, and senior; and women's open division, 10 a.m. to noon Sunday at the Hunter Fitness Center. Prizes will go to the top two in each division. The event is open to Stewart-Hunter active duty Soldiers, reserves, retirees, Family members and DoD civilians 18 and up. There is no cost.

Register by Friday. For more information, call 315-2019.

### Universal Studios, Sea World, trip

Join the fun with a trip to Universal Studios and Sea World Oct. 5-7. Transportation leaves from the Stewart and Hunter Leisure Activities centers for a two-day trip to Orlando, FL. Universal Studios. The trip includes two park tickets for \$55 or \$44 for children ages 3-9.

Free admission to Sea World for active duty Soldiers and up to three Family members. Additional discount tickets are available. Lodging is at individual's expense. Transportation is provided. There are limited slots available. For more information or to reserve your space, call 767-2841 at Stewart or 315-3674 at Hunter.

## Check for counterfeit coupons before shopping

**Lynda Valentine**  
*Defense Commissary Agency*

**FORT LEE, Va.** - Using coupons is a great way for patrons to stretch their military paychecks even further, beyond the 30 percent or more savings they already enjoy by shopping at a commissary. But "fake" or counterfeit coupons are causing problems for unwitting commissary shoppers worldwide. These fakes, which look legitimate, harm the commissary benefit for all shoppers.

Consumers unsure about the difference between a fake coupon and a legitimate online manufacturer's coupon need only look as far as the methods used to obtain them.

Legitimate coupons can be found on manufacturers' Web sites, and from online sites such as <http://www.commissaries.com>, where coupon download links are regularly added for the convenience of commissary patrons.

Fake coupons are most

often distributed via e-mail, traded in chat rooms and sold through online auction sites, according to the Coupon Information Center in Alexandria, Va., an association dedicated to fighting counterfeit coupons and fraud.

To get around the fine print on most coupons that says "Void if altered, copied, sold, purchased, transferred, exchanged...", scammers charge consumers a high "shipping and handling fee" to mail the coupons, but don't actually charge a fee to purchase them.

The fakes are created by taking legitimate coupons and altering the amount of the rebate, the expiration date or both, using photo-altering software. Sometimes the fakes are really good and will actually scan at your local commissary and stores outside the gate. This makes them very difficult to spot.

It may seem that fake coupons only harm manufacturers and retailers, but that's not true. When manu-

facturers don't redeem the fake coupons, commercial stores pass on the losses to consumers through higher prices at the checkout counter. The same isn't true for DeCA commissaries, which by law cannot raise prices to make up the loss revenue. Commissaries must sell items to authorized shoppers at cost - not for-profit.

For consumers unsure about their coupons, there is a Web site that can help at <http://www.veri-fi.com>. The site instantly validates consumer coupons and works for almost all online coupons.

To find coupons online, or for more information about using them at your commissary, log on to DeCA's Web site at: <http://www.commissaries.com>.

(During National Coupon Month in September, DeCA wants to remind all patrons that their commissary gladly accepts manufacturer's coupons for the products it sells.)

## AAFES PRESENTS

SEPT 27 THROUGH OCT. 3

### Rush Hour 3

**Today — 7 p.m.**  
(Jackie Chan, Chris Tucker)

While in Paris, Lee and Carter inadvertently get mixed up with the Chinese Triad crew. LAPD detective James Carter and Chinese Chief Inspector Lee travel to Paris to battle a wing of the Chinese organized crime family, the Triads.

*Rated PG-13 (action violence, sexual content, nudity, language) 97 min*

### War

**Friday, Saturday — 7 p.m.**  
(Jet Li, Jason Statham)

After his partner is brutally murdered by the infamous assassin Rogue, FBI agent Jack Crawford vows to find the elusive killer and personally avenge his partner's death. But Rogue proves untraceable until three years later when he resurfaces to ignite a bloody turf war between Chinese mob leader Chang and Japanese Yakuza boss Shiro. Eager to capture Rogue once and for all, Crawford leads his team of crime specialists headlong into the conflict.

*Rated R (violence, sexuality, nudity, language) 91 min*

### The Invasion

**Sunday — 7 p.m.**  
(Nicole Kidman, Daniel Craig)

When a mysterious alien infection

spreads like an epidemic over the entire country, a woman fights to save her own life and the life of her son, who may hold the key to stopping the takeover.

A mysterious epidemic is sweeping the world, but takes one Washington DC psychiatrist to discover that the disease is extraterrestrial in origin. When her son becomes infected, she and a colleague must work together to find a cure, before the entire world is lost.

*Rated PG-13 (violence, disturbing images, terror) 93 min*

### Illegal Tender

**Wednesday — 7 p.m.**  
(Tego Calderon, Rick Gonzalez)

A Latino college student Wilson Jr. and his courageous mother Millie De Leon flee from the thugs that killed his father. After years of uncertainty about the true meaning behind their life on the run, Wilson Jr. and his love, Ana, find themselves in life-threatening danger. Wilson Jr. must return to Puerto Rico to unveil the dark secrets from his family's past.

*Rated R (violence, language, sexuality) 108 min*

*Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.*



# HEALTH MATTERS

## Winn Army Community Hospital

### TRS members must re-register for restructured program

**Bonnie J. Powell**  
*Special to the Frontline*

National Guard and Reserve members participating in the TRICARE Reserve Select healthcare plan must sign up for the restructured TRS by Sept. 30, in order to continue their coverage.

TRS was authorized by Congress in 2005 as a premium-based healthcare plan for National Guard members and Reservists. The revamped version, effective Oct. 1, 2007, is affordable and simpler, with one premium level instead of the current three-tier system.

"There have been many improvements in reserve-component pay and benefits in the past few years," said Assistant Secretary of Defense for Reserve Affairs Thomas F. Hall. "TRS is a robust healthcare plan. It represents a substantial benefit available to our Reserve and National Guard servicemembers and their families."

Monthly premiums are \$81 for the servicemember and \$253 for member-and-family coverage. TRS offers coverage comparable to TRICARE Standard and Extra.

The revamped program also includes expanded survivor coverage, continuously open enrollment and much more. Gone are service agreements and differing qualifications for each of the three tiers.

There are only two qualifications

under the restructured program. First, servicemembers must be selected reserve members of the Ready Reserve. Second, they must not be eligible for, or currently covered by, the Federal Employee Health Benefits program (either on their own or through family members).

Reserve Affairs sent a letter in August to reserve-component servicemembers currently covered by TRS, explaining the program changes and how to continue coverage. As of early September, only 15 percent of approximately 11,000 current members had completed and submitted the new TRS request forms.

To continue TRS coverage, all current members must go to [www.dmdc.osd.mil/appj/trs/](http://www.dmdc.osd.mil/appj/trs/), print out the new TRS request form, sign it and return it to their regional contractors by Sept. 30. If payment is usually made by check, the first month's payment must also be included.

Members who pay electronically do not need to include a payment if they meet the deadline.

National Guard members and Reservists can find out more about the updated plan through the "My Benefits" portal at [www.tricare.mil](http://www.tricare.mil). Reserve-component points of contact - identified at [www.defenselink.mil/ra/html/tricare.html](http://www.defenselink.mil/ra/html/tricare.html) - can answer additional questions.

### Winn Briefs

#### Breast Cancer awareness month

October is Breast Cancer awareness month. Winn Army Community Hospital's Public Health Nursing will host educational booths throughout the month at various locations: Fort Stewart Main Post Exchange from 9 a.m. to 1 p.m., Oct. 3; Tuttle Army Health Clinic from 1 to 2:45 p.m., Oct. 17; and Winn's main lobby from 9 a.m. to 1 p.m., Oct. 18. Stop by and pick up breast cancer information booklets as well as ask questions to the Public Health Nursing staff.

#### Winn/Tuttle observing federal holiday

October 8 is Columbus Day, a federal holiday. Services at Winn Army Community Hospital will be limited to inpatient care and emergencies. Full operations will resume Tuesday, Oct. 9. All services at Tuttle Army Health Clinic and the Lloyd C. Hawks Troop Medical Clinic will be closed Monday, Oct. 8. Full operations will resume Tuesday, Oct. 9.

#### Volunteers welcome at Winn

Winn Army Community Hospital is seeking adult volunteers who are interested in performing administrative, clerical or clinical duties throughout the hospital. The next hospital volunteer orientation is scheduled for 9 a.m. Oct. 4 in the Patriot Auditorium at Winn.

For more information, call Brigitte Roberts, 435-6903, e-mail [brigitte.roberts@se.amedd.army.mil](mailto:brigitte.roberts@se.amedd.army.mil).

#### Strategies for staying healthy class

This class offers families strategies for staying healthy. Upon completion of the class, individuals will be given an over-the-counter pharmacy card for use at Winn. The class is held the second Wednesday of each month from 2 to 3 p.m. To register, call 435-5071.

#### I'm pregnant. Now what?

Congratulations on your pregnancy. Prenatal care is available at both Winn Army Community Hospital at Fort Stewart and Tuttle Army Health

Clinic at Hunter Army Airfield. Pregnancy tests are available. Active duty Soldiers need a documented pregnancy from the laboratory. Civilian spouses may confirm pregnancy with a home test or by a hospital urine test. Please call 435-6633 to schedule a new OB nurse interview and an OB physical appointment at Winn or Tuttle. You can also make appointments in person. The Women's Health Center One Heart...One Purpose...One Team.

#### Diabetic Clinic at Tuttle

Tuttle Army Health Clinic has started a Diabetic Clinic for patients that have been diagnosed with diabetes. The clinic is a disease management clinic for the treatment of diabetes only. Diabetic patients will continue to see their primary care provider for other healthcare concerns. Patients will be seen by an internist and a clinical pharmacist. For an appointment please call 435-6633 or 1-800-652-9221.

#### TRICARE For Life

Upon receipt of your Medicare Part B enrollment or three to six months prior to your 65th birthday, go to the TRICARE Service Center at 852 Harmon Ave., Bldg. 202, Fort Stewart to select a civilian Primary Care Manager and receive more information about your health benefits/options available to you or call 1-800-444-5445.

#### Fix DEERS to receive healthcare

Beneficiaries must keep their DEERS information up-to-date or they may not be able to receive healthcare referrals, schedule appointments or access TRICARE Online. DEERS information can be updated by calling 1-800-538-9552, visiting [www.tricare.osd.mil/deers/default.cfm](http://www.tricare.osd.mil/deers/default.cfm) or stopping by Building 253 on Fort Stewart.

#### Tuttle Army Health Clinic hours

Tuttle Army Health Clinic is open Monday-Friday 8 a.m. to 5 p.m. The pharmacy, laboratory, radiology and medical records are also open Monday-Friday 8 a.m. to 5 p.m.

The clinic is closed the fourth Thursday of every month from 8 a.m. to 1 p.m. for training. For more information, call 315-6500/6811.

## BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

#### September 3

• **Luke Michael Jones**, a boy, 7 pounds, 15 ounces, born to Spc. Benjamin Michael Jones and Jenifer Kay Jones.

#### September 4

• **Keira Lee Chelle Dresse**, a girl, 7 pounds, 6 ounces, born to Cpl. Dustin Drees and Colleen Drees.

#### September 5

• **Alexandrya Dawn Roberts**, a girl, 7 pounds, 1 ounce, born to Spc. Douglas John Roberts and Kassandra Roberts.

#### September 6

• **Isaac Aslan Miller**, a boy, 6 pounds, 6 ounces, born to Sgt. Herbert Andrew Miller and Alicia Aranda Miller.

• **Dashon Pharrell Richardson**, a boy, 7 pounds, 9 ounces, born to Spc. Daniel Richardson and Rashonda Richardson.

• **Isabela Marie Rodriguez**, a girl, 5 pounds, 11 ounces, born to Staff Sgt. Alberto Rodriguez and Michelle Rodriguez.

#### September 7

• **Kolie Jae Brown**, a girl, 9 pounds, 7 ounces, born to Pfc. Colt Brown and Ashley Brown.

• **Lloyd Franklin Craddock, III**, a boy, 6 pounds, 7 ounces, born to SGT Lloyd Franklin Craddock, Jr. and Angela Denise Craddock.

#### September 8

• **Cameron James Clark**, a boy, 6 pounds, 9 ounces, born to Spc. Jason Joel Clark and Jonna Shanae Clark.

• **Michael Aaron Gould**, a boy, 6 pounds, 7 ounces, born to Ms. Jennifer LeAnn Gould (dependent daughter of Staff Sgt. Wesley

Gould.

• **Hayden Charles Keener, IV**, a boy, 6 pounds, 11 ounces, born to Cpl. Hayden Charles Keener, III and Amy Beth Keener.

#### September 10

• **Mikayla Simone Betton**, a girl, 6 pounds, 8 ounces, born to Sgt. Kevin Lurrell Betton and Debra Lynett Betton.

• **Maggie Lillian Hardie**, a girl, 5 pounds, 5 ounces, born to Staff Sgt. Robert Charlie Hardie and Erin Marie Hardie.

• **Janae Alexandra Stewart**, a girl, 9 pounds, 7

ounces, born to Sgt. 1st. Class George L. Stewart and Ann R. Stewart.

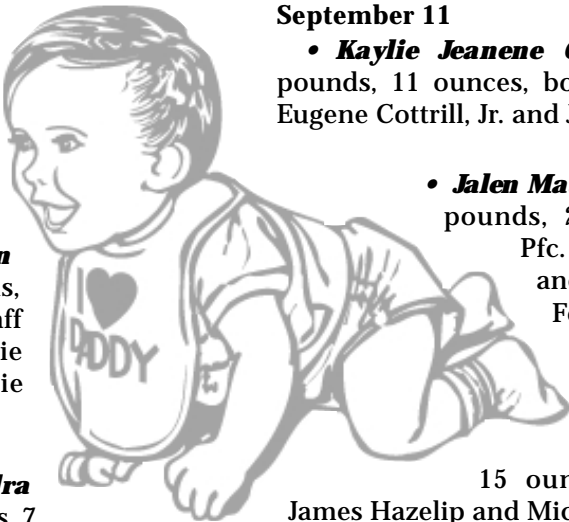
• **Ryan Lee Witten**, a girl, 8 pounds, 4 ounces, born to Spc. Jeremy Witten and Tara Witten.

#### September 11

• **Kaylie Jeanene Cottrill**, a girl, 7 pounds, 11 ounces, born to Pfc. Michael Eugene Cottrill, Jr. and Jamie Lynn Cottrill.

• **Jalen Maurice Ford**, a boy, 8 pounds, 2 ounces, born to Pfc. Brian Maurice Ford and Claudette Maree Ford.

• **Melissa Lillian Hazelip**, a girl, 7 pounds, 15 ounces, born to Sgt. James Hazelip and Michelle Hazelip.





# Six simple steps to help deal with your emotions

## CHAPLAIN'S CORNER



Special to the Frontline

Deployments are a time filled with emotion. The anxiety of separation, fear of the unknown and joy of the reunion are just a few intense emotional times that come to mind. Throw in children, work, the continued stress of maintaining a household, being a single parent and the rumors that come with Army life and you have a possible eruption waiting to happen. The problem we face is not how to get rid of the problems or even get rid of the emotions. Our problem is how to deal with the emotions in a healthy manner.

When dealing with an emotional experience we often get caught up in the "feelings" and allow this to control our lives. I would like to suggest that, instead of letting our feelings control us; we let them alert us to areas that may need our attention. If we can slow down and allow this to happen, we can engage God at our point of greatest need and receive from Him what we need. We are told in **Matthew 7:7-11** that God is waiting to give us good

gifts; we just need to ask.

I want to give you a simple format that will help you unpack these emotional experiences. All of these steps need to be written down. Writing it down will do two main things. One, you will have it for dealing with future issues. Also, if you get stuck, you will know where to come back too later.

**Step 1.** Review the situation. Just jot down the facts about the situation that has caused the emotions to heat up.

**Step 2.** What feelings did you experience during the situation? Try to put a name with them.

**Step 3.** Try to describe "why" you felt the way you did. Why did "this" situation stir up emotion in you and not another situation?

**Step 4.** Discover your part in the situation. This is not to say that it is your fault but the reality is we can only be responsible for ourselves; we cannot make anyone else change until they are ready. If this was a particularly negative situation, it will be easy to focus on what other people did wrong. This exercise is designed to get away from that and allow you to receive some-

thing positive from the situation. So ask these questions, how can you deal with God instead of other people or circumstances, what do think God wants to say to you concerning this situation? Has this situation or your response been repeated in the past?

**Step 5.** Now it is time to respond to the situation. Look over this list of questions and decide your course of action:

1. Do I need to forgive?
2. Do I need to let God deal with me?
3. Do I need to find someone to celebrate with?
4. Do I need encouragement, healing or perspective?
5. Do I need to worship and thank God for what He's done?

**Step 6.** Talk it over with a friend, your spouse, chaplain or someone else you trust. This really helps if you get stuck in the process.

I am sure if you follow these simple steps not only will you be able to handle the situations you face with confidence but you will grow as a person in the process.

## Chapel Schedule

### Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	.9 a.m.
Saturday Mass	Heritage	.5 p.m.

Protestant	Location	Time
Contemporary Worship	Marne	.11 a.m.
Gospel Worship	Victory	.11 a.m.
Traditional Worship	Marne	.9 a.m.
American Samoan	Vale	.11 a.m.
Liturgical Worship	Heritage	.11 a.m.
Kids' Church(K to 6th grade)	Across from Dia. Elem.	.11 a.m.
PWOC (Wednesday)	Marne	.9:30 a.m.

Islamic	Location	Time
Friday Jum'ah	Marne	.1:30 p.m.
Contact Kalif Ali at 876-5661.		

Jewish	Location	Time
Contact Sgt. 1st Class. Crowther at 332-2084.		
Friday	Marne	.11:30 a.m.

### Hunter Army Airfield

Catholic	Location	Time
Sunday Mass	Chapel	.11 a.m.

Protestant	Location	Time
Sunday Service	Chapel	.9 a.m.

### Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.  
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.  
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

## Kids Church

### Exciting Bible Lessons

with music, puppets, videos, crafts, games

### 11 a.m. to Noon, Sunday

at School Age Services  
(across from Diamond Elementary)

### For all kids Grade K-6

### Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia, Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Victory Chapel

Questions?

Contact Chaplain Ric Thompson at 767-6831

## Fort Stewart Chapel Youth Ministry

### Junior and Senior High Students!

Join us for

free games and pizza

6:30 - 8 p.m.

Sunday

at Vale Chapel

in

Bryan Village.

For more information, call

877-7207

## Attend Marriage 101

The unit ministry team conducts a marriage 101 seminar the fourth Tuesday of every month from 9 a.m. to 3 p.m. at Victory Chapel.

The session is for singles, engaged couples, newlyweds, and seasoned partners. The materials are provided as well as lunch.

For more information or to make reservations, call the Family Life Chaplain, at 767-7028.

## Hunter Youth Ministry

You are invited to a musical praise and workshop, with free tickets to see the

### Jeremy Camp and Band

with special guest **Mainstay**

live and unplugged 7 p.m. Oct. 17, Calvary at Savannah, GA

Contact Charles Archer for reservations or transportation at 315-5934.

## The month of Ramadan

Sept 13 – Oct 13

Call (404) 272-7156 for prayer and celebration schedule

## Liberty County Mass Choir

Rehearsals are 7 p.m. every Tuesday at  
First Presbyterian Church, Hinesville.

Contact Cathy Goolsby to get your book and rehearsal CD at machllube@coastal.net or 369-4818; or contact Ronald Calhoun at rcalhoun@schoolofchurchmusic.org or 247-3424.



# State of the Garrison by VTC



Nancy Gould

Civilian employees at the Hunter Club join in on the Fort Stewart-Hunter Army Airfield State-of-the-Garrison forum by Video-Teleconferencing Sept. 20.

**Nancy Gould**  
*Hunter Public Affairs*

Fort Stewart and Hunter Army Airfield held its quarterly State of the Garrison meeting Sept. 20 with a joint video-teleconference between Stewart and Hunter.

Featured guests at the event included Dave Tindoll, director of South East Regional, Installation Management Command, who presented the Army Support Unit Award to Fort Stewart-Hunter Army Airfield. Afterward, he assisted Paul Andreshak, deputy garrison commander for Stewart-Hunter; in giving out awards to garrison staff members.

"I'm very proud of the employees at Fort Stewart-Hunter Army Airfield," said Tindoll, referring to the quality of work accomplished by employees that enabled the installation to receive the Army Support Unit Award and also for staff who received individual awards. "That's not something I say easily," he added.

After the awards, a panel of directorate leaders addressed topics such as the A76 competitive sourcing; reporting that out-sourcing for the offices of the Director of Information Management and the Adjutant General is deferred indefinitely. The Directorate of Plans, Training, Mobilization and Security continues to be considered a possibility for competitive sourcing at this time. A final determina-

tion is predicted to be made next fiscal year.

The advantages of the National Security Personnel System were also discussed, as well as employee development and the limitations of government vehicle insurance.

The 3rd Infantry Division Commanding General Maj. Gen. Rick Lynch and wife, Sarah, made a surprise visit near the end of the meeting. Lynch reported on the recent progress the 3rd Inf. Div. has made in securing Iraq and "taking the fight to the enemy."

He said attacks and casualty rates have decreased since the 3rd Inf. Div. Soldiers deployed to the region approximately six months ago. He reviewed the progress made with Marne Torch, Marne Avalanche, Marne Husky and Marne Torch II, and predicted about nine to 10 more years are needed in the region to stabilize and ensure freedom for the Iraqi citizens. He discussed several success stories of the 3rd Inf. Div. more specifically, the 1st Brigade Combat Team and Combat Aviation Brigade. He said the surge made recent success possible and that Soldiers are proud of the progress. He cited number recent reenlistments, and said they were indicators of good morale and success.

"I'm blessed by my Family and I'm blessed by you," he said, referring to the efforts made at the installation to care for



## Savannah Cultural Events

Activities sponsored by the Savannah Department of Cultural Affairs include these ongoing events:

### **Every first Friday of the month**

Folk Music by Savannah Folk Music Society, 7:30 p.m., free, at Wesley Monumental United Methodist Church.

The Arts at City Market Center, upstairs, Jefferson and West St. Julian Streets, free, 6:30- 8:30 p.m. Call 232-7731.

### **Every first Saturday of the month**

Adult and youth basic ballroom dance classes, by Moon River Dancers: 1-3 p.m. at the West Broad Street YMCA, 1110 May Street. Admission is \$3 per person. Call 925-7416 or visit [www.savannahusabda.org](http://www.savannahusabda.org).

### **Every third Wednesday of the month**

Open Mic Poetry Night - sign up at 7:45 p.m., Gallery Espresso, 6 East Liberty St. Call 233-5348 for more information.

### **Saturdays and Sundays**

Flannery O'Connor Childhood Home Foundation tours 1-5 p.m. every Saturday and 1-4 p.m. on Sundays. Located at 207 E. Charlton St. on Lafayette Square.

Born in Savannah in 1925, writer, Mary Flannery O'Connor, lived in a Charlton Street house until 1938.

Today, it is maintained partly as a memorial to her and partly as a literary center for Savannah. Call 233-6014.

### **Every Sunday**

Oldie Goldies Sunday at the American Legion Post 500, 1716 Montgomery St., 4-8 p.m. Call 925-7116.

The Reel Savannah Film Group presentations, 7 p.m., Sunday evenings at the Lucas Theatre. Tickets cost \$6 and are available an hour before showtime.

## Join the fun at the wildlife fest

The annual Long County Wildlife festival is 10 a.m. to 6 p.m. Oct. 13 at the Rye Patch Community. Signs will direct visitors to an event rich in music, arts and crafts, games, wildlife trophies, demonstrations, animal displays and plenty of good old home cooking. Dinner and supper will be served. Admission is only \$2. Children under six are free. Vendor booths are still available. For more information, call Becky Fowler at 545-2167 or Beverly Johnson at 258-1108. Come experience the county's wildlife and historic charm.

## Spirit of Excellence Black Business Awards held

Mayor Otis Johnson is the keynote speaker for The Spirit of Excellence 5th Annual Black Business Awards held 6:30 p.m., Oct. 20, at the Marriott Savannah Riverfront. Information on the award categories, criteria and nomina-

tion are available online at [www.thespiritofexcellence.net](http://www.thespiritofexcellence.net) or by contacting Estelle Mannion by e-mail at [eman-nion@comcast.net](mailto:eman-nion@comcast.net) or 441-6813. Tickets are \$75 and tables for 10 are \$750. Portions of the proceeds will benefit AWWIN Inc. and My Brothaz Home.

## Celebrate Tybee's 120th Birthday

The Committee for Tybee's 120th Birthday Celebration is proud to announce that Oct. 20-21 has been designated as the official dates for the event. The two-day festival will combine elements of art, history, cuisine, and entertainment to honor 12 decades of unique island living and family recreation. For more information, email [www.celebratetybee.org](http://www.celebratetybee.org).

## Savannah Goes to the DAWGS

The Annual Savannah Wiener Dawg Races on River Street begins 9 a.m., Oct. 6. Registration is \$10 per dachshund. Part of Oktoberfest, this is Savannah's 2nd largest event, with 250,000 people and 500 hot doggies. The event is free to public. There will be T-shirts, awards, and a Wiener Dog costume contest. All profits benefit Dachshund Rescue of North America, a nonprofit charity. Volunteers, and corporate sponsors needed. For more information, call 443-0977, or email [scottwestmarketing@yahoo.com](mailto:scottwestmarketing@yahoo.com).

## Creative minds lecture held in Savannah

Is your high school student stressed about college? Savannah Country Day School presents Alexandra Robbins, author of "The Overachievers: The Secret Lives of Driven Kids" for the start of their Creative Minds Lecture Series Oct. 1.

Robbins will discuss her investigation of nine high school students that she followed for a year and present findings and offer solutions to help alleviate the pressure on high-achieving children.

The lecture will be held at 6:30 p.m. at Jelks Auditorium at Savannah Country Day School. Individual tickets are \$8 advance purchase, or \$10 at the door. For more information call 961-8828.

## Edward Mazria provides free lecture

Internationally recognized architect, author and educator Edward Mazria will present a lecture titled "A Nation Under Siege," exploring climate change with an emphasis on Savannah and other U.S. coastal cities. The event will take place 7:30 p.m., Oct. 9, at the Savannah

College of Art and Design's Trustees Theater, 216 E. Broughton St., and is free and open to the public. For more information, call 525-5158.

## Ladies singing lessons offered free

It's a "Christmas Barbershop Sampler"! Moon River Chorus announces a seven-week seminar for ladies to experience the joy of singing holiday music barbershop style. You do not have to be able to read music, just have a good ear for pitch and enjoy singing. Experience the stress relief that singing engenders beginning Oct. 18 and running every Thursday through Dec. 6 (except for Thanksgiving) from 7 to 8 p.m. in the social hall of Whitefield United Methodist Church on the corner of 55th and Waters Ave. Free and open to all ladies. Call or e-mail Sylvia Flynn for more information: 927-2651 or [sylviaapf@aol.com](mailto:sylviaapf@aol.com).

## Join ballroom dancing

Here are your opportunities to join together with Seaside Dance Association on Jekyll Island: The association has weekly dance classes Thursdays: 7 p.m., welcome and registration; 7:15 p.m., basic syllabus I dance class and advanced syllabus II dance practice; at 8:15 p.m., advanced syllabus II dance class and basic syllabus I dance practice. The cost is \$4 per class for members and \$7 for non-members. Membership costs \$25 annually. For more information, call 634-9527.

## Telfair open six days a week

The Telfair Museum of Art is on Telfair Square at 121 Barnard St. in Savannah. Admission is \$10. The museum is open 1-5 p.m., Sunday; noon-5 p.m., Monday; and 10 a.m.-5 p.m., Tuesday-Saturday. For more information, call 232-1177.

## Help benefit Leukemia, Lymphoma Society

Light the Night, the annual fundraising event for The Leukemia and Lymphoma Society, will be held Oct. 5 from 5:30 to 9 p.m. at Forsyth Park. The event celebrates and commemorates those whose lives have been touched by cancer. The Leukemia and Lymphoma Society's mission is to find a cure for blood cancers and improve the quality of life for patients and their families.

The goal for this years walk in Savannah is \$157,000 and can be achieved by signing up for the walk or becoming a corporate sponsor. For more information, contact Jennie Brewster at 898-0663 or visit [www.lightthenight.org/ga](http://www.lightthenight.org/ga).



# Developing a case for TV drama - Shark reviewed

**Commentary by:**  
**Sasha McBrayer**  
*Fort Stewart Museum*

If you haven't already noticed, James Woods is now on television. He stars on the legal drama "Shark", which released its second season premier last Sunday night on CBS at 10 PM. In it Woods is Sebastian Stark, nicknamed Shark for his past as a ruthless, overpaid, Los Angeles defense attorney seemingly without morals. Stark did anything to win and won often.

Last season his ex-wife decided to move to New York and his only daughter, Julie (Danielle Panabaker of "Mr. Brooks" and "Yours, Mine & Ours"), makes the unusual decision of staying and living with her dad, who has not been a top notch father up until this point.

Simultaneously, Stark falls into the role of prosecutor for the District Attorney, putting away criminals instead of defending them. Combine a new lease on fatherhood with the brand new job, and Stark, though still highly skilled at bending rules and unremorseful about his thirst to win, seems to have turned over a kinder, gentler leaf. He assembles a team of unique young lawyers and each week they scramble to put away someone previous prosecutors might have been to weak to challenge.

This season, the sexy former DA, played by Jeri Ryan, who many will remember as "Seven of Nine" from "Star Trek: Voyager", is without a job. Previously, the blonde



seemed too noble to agree with any of Stark's methods. The pair seemed to love to hate each other, but reluctantly, she accepts an offer to work on Stark's team.

Another beautiful blonde on the series is Sarah Carter, who had an unforgettable multiple-episode role on "Smallville". She plays

Madeline, easily the most cutthroat of the young lawyers on Stark's team. She is joined by African American beauty Sophina Brown, as Raina Troy who at first seems weak because of her high sense of morality, but quickly shows her mettle as a fearless and smart lawyer. Audiences

cheered when Raina finally got an on screen kiss Isaac Wright, a street-wise cop who loses his job but is recruited by Stark as the team's investigator.

Lastly, Samuel Page portrays Casey, the remaining male member of the team. He meets some prejudice for being a rich kid, whose father is running for office. He was a stark contrast to last season's Hispanic team member played by Alexis Cruz who had humble beginnings. Cruz seemed to be voted off the island and is unlikely to return to the show. The new jerk of a DA is Kevin Pollak ("The Whole Nine Yards", "The Usual Suspects") who is sure to put pressure on the team's operation.

Shark is an entertaining hour of television. Woods can absolutely be convicted of over acting at times, but in all the cast has got charisma.



# Save on energy sales tax holiday

Special to the Frontline

Soldiers, Family member, residents of Georgia, if you are planning to purchase major appliances or products for your home, there could be some financial advantages to making those purchases during the 2007 Energy Efficient Products Sales Tax Holiday, Oct. 4-7.

State law provides an exemption from state and local taxes for the purchase of certain energy efficient products. The exemption is limited to items designated by the United States Environmental Protection Agency and Department of Energy as "Energy Star" products with a purchase price under \$1,500, such as air conditioners; doors and windows, including skylights; ceiling fans; fluorescent

light bulbs; clothes washers; programmable thermostats, dehumidifiers; refrigerators and dishwashers.

The exemption covers items purchased for non-commercial home or personal use. The exemption does not apply items not listed above, or if they're purchase price is more than \$1,500; are purchased for a trade or business; are rented or leased; or were sold to a contractor or retail dealer performing a real property construction contract as a contractor.

For more information, call the Georgia taxpayer services division, at (404) 417-6601. You can also find out more information online via email to [taxpayer.services@dor.ga.gov](mailto:taxpayer.services@dor.ga.gov), or visit their Website at [www.dor.ga.gov/salestax/holiday/energy\\_efficient\\_holiday\\_2007.aspx](http://www.dor.ga.gov/salestax/holiday/energy_efficient_holiday_2007.aspx).

## Family Program Assistant job made available

Special to the Frontline

The Civilians Personnel Advisory Center announced the hiring action for a Family Program Assistant, with an opening date of Sept. 26, and closing date of Oct. 3.

The position is a full time employment with the appointment not to exceed Sept. 30, 2008.

The Salary is \$31,740 - \$41,262 per year with duty at Fort Stewart, Ga.

Duties include performing assignments designed to provide familiarity with the various Army Community Service/family programs; to advance effective relations with family members, volunteers, supporting social services and emergency organizations; and to support the development of human resources program referral networks. The position requires skill in coordinating and collaborating with a variety of agencies and organizations to include regulatory, volunteer, military, and community resources; ability to organize, coordinate, train, and interact effectively with the public; knowledge of the community service systems, agency policies and application procedures, and the ability to apply this knowledge to many different conditions or factual situations; and knowledge of

programs used to enhance unit cohesion, increase readiness, and support unit commanders and the community. All U.S. citizens may apply. Qualifications include experience equivalent to Government Service level 06 which equips the applicant with the particular knowledge, skills and abilities to successfully perform the duties of the position that is typically in or related to knowledge of office functions, and procedures; knowledge of grammar, spelling, punctuation, capitalization, to prepare materials in the correct format; knowledge of the varied functions of various types of office automation software packages, practices, and procedures to process and produce a wide range of documents. Important note: Application packets must be received in CPAC by the closing date of the announcement. Incomplete application packets will not be considered for employment. Application Packets must be submitted to the Fort Stewart Civilian Personnel Advisory Center (CPAC), Bldg 253, Room 2013A, ATTN: Carolyn Colon, 55 Pony Soldier Avenue, Fort Stewart, GA 31314. Include the bulletin number, full date of birth, and social security number.. For more informatin about additional job qualifications, call 767-4346..

## MAYORS

From Page 1B



**Mellanie Crowther,**  
**Mayoral Coordinator**



**Sarah Parrish**  
**South Bryan Village**  
**Mayor**



**Cherrie Kreiger**  
**Liberty Woods**  
**Vice-Mayor**



**Misty Lammers**  
**Marne Woods**  
**Vice-Mayor**



**Command Sgt. Maj.**  
**Charles Durr,**  
**USAG Stewart-Hunter**

If an issue is not resolved, or requires additional management, the mayor presents it at a bi-weekly meeting. During the training, Burnside stressed that mayors do not "police" their neighborhoods or mediate resident disputes. Instead, they focus on community well-being, and act as a neutral representative for both resident and garrison interests.

Building community pride and cohesion is a large part of the mayoral program. Fort Stewart mayors have helped sponsor activities with other agencies such as Bicycle Rodeos and last year's Halloween "Trunk or Treat" at Walker Field, which will repeat this year, and support initiatives such as the new Community Watch program.. Mayors at Stewart and Hunter frequently distribute flyers within the housing areas to help promote events. They also deliver welcome letters from garrison command to all new residents in their neighborhoods, and participate in GMH Neighborhood Huddles.

The mayoral program is not present at all Army installations.

"We elected to keep the mayoral program because it is beneficial to our installation. Mayors represent garrison and residents equally and create a bridge between them," said Finney. "The program contributes to providing a sense of community, helps residents gain the information they need to develop a strong support network, and to help our Army Families find personal satisfaction in military life."

Finney added the mayoral program goals align with those of Army Community Service.

"The overall mission of ACS is the same as that of the mayoral program- to provide real life solutions for Army living," she said. "The mayoral program is an outreach program for ACS, and helps residents become more aware of the services we offer."

The new training program was developed in response to requests from newer program members. Updated mayoral program standard operating procedures were drafted and formed the framework for a new handbook. Installation policy and resource information provided by GMH, Staff Judge Advocate, and ACS completed the guide. The class was developed from the materials, and included role-play scenarios.

Cherrie Kreiger, Liberty Woods Vice Mayor, said the most important part of the mayors training was knowing the chain of support.

"I now know who is responsible for handling different problems as they arise and where to turn to for help and answers," Kreiger said and added that knowing the roles and responsibilities of mayors was particularly helpful to new program volunteers.

Next year's training will be provided soon after the mayors' appointments in May. A second follow-up course is planned for mid-year, that will focus on personal skills and more advanced issue resolution.

"Well-trained mayors are an invaluable asset to their community residents," said Finney. "The program's greatest strength is the ability to help address immediate quality of life concerns and direct residents to additional sources of support. The mayors are a visible and accessible one-stop referral service conveniently located within Fort Stewart and Hunter neighborhoods."



**Sarah Bodley,**  
**Liberty Woods**  
**Vice-Mayor**



**Liz Phillips**  
**North Bryan Village**  
**Mayor**



**Dana Davis**  
**Liberty Woods**  
**Vice-Mayor**



**Rebecca Pier**  
**Southern Oaks**  
**Vice-Mayor**